

MHWFA

# Mindfulness Resources

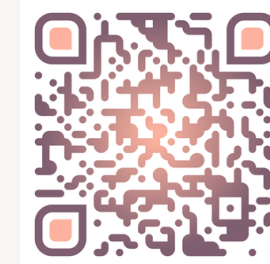
*Lizard & Wizard Brain Interventions*



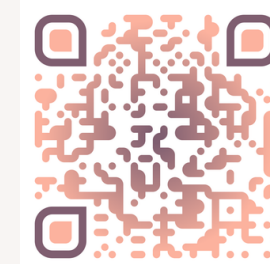
# 3-minute Breathing Exercises

*Clickable Links*

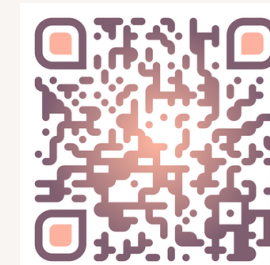
[Square Breathing](#)



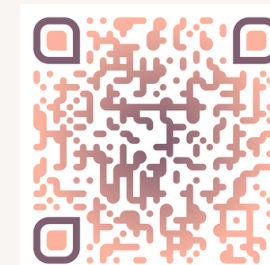
[Breathwork Affirmations](#)



[Three Deep Breaths](#)



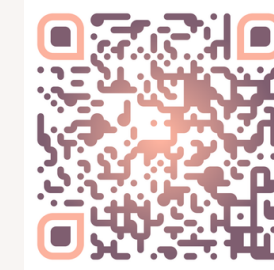
[Blowing out the Birthday Candles](#)



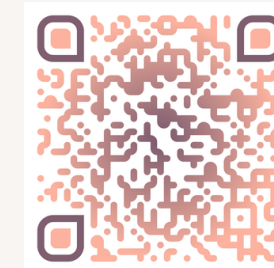
# 3-minute Embodiment Practices

*Clickable Links*

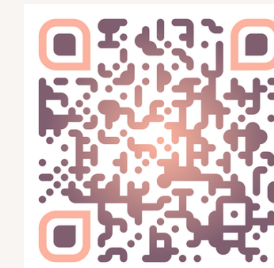
[This Will Pass](#)



[Self-Affirmation with Hand Postures](#)



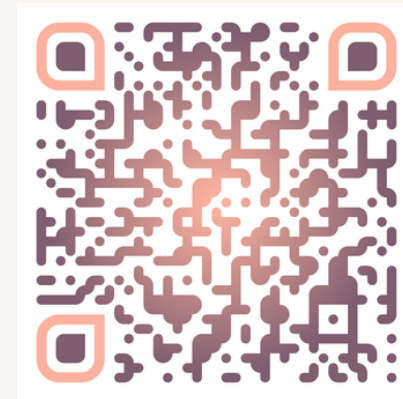
[Self Hug](#)



# 3-minute Affirmation / Mantra

*Clickable Link*

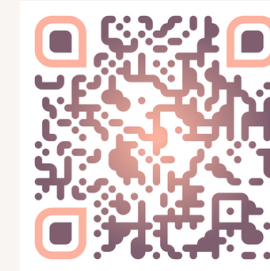
[I am Light, I am Love, I am Joy.](#)



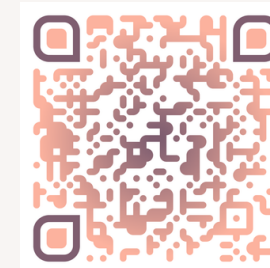
# 3-minute Wizard Brain Practices

*Clickable Links*

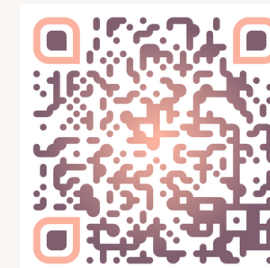
[The Elephant & The Rider](#)



[Positive Reflections for a Healthy Mind](#)



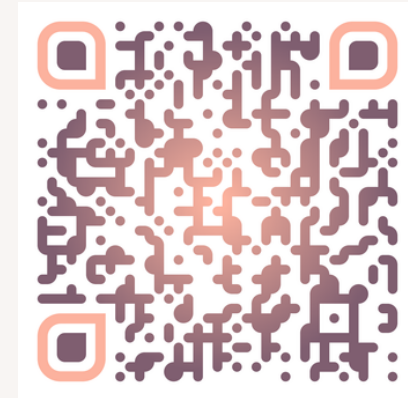
[Be Still. Be Present. Be at Peace](#)



# 5-minute Embodiment Practice

*Clickable Link*

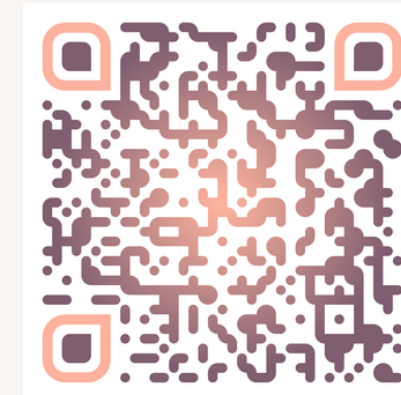
[Receiving Affirmations Through Hand Postures](#)



# 5-minute Affirmation / Mantra

*Clickable Link*

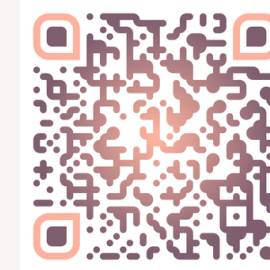
[Peace in the Present](#)



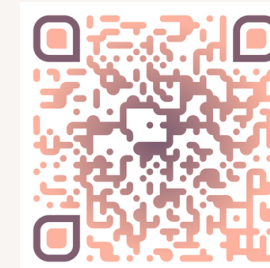
# Longer Embodiment Practices

*Clickable Links*

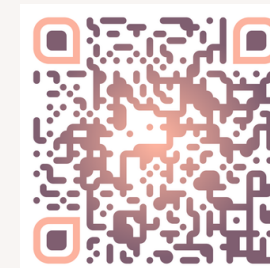
[Waves Body Scan for Sleep](#)



[Waves Morning Body Scan](#)



[Letting Go \(Receiving Peace\)](#)





# Follow Sean J Stevens

*for more resources*



Insight Timer



Aura Health



Instagram



And More..

